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CHAMPS DROP PUCK THIS WEEK
{pages 25-27}

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THE SEX ISSUE

WHAT TURNS YOU ON?

- We polled nearly 4,000 readers worldwide to find out what flicks their switch
- Learn your sex IQ by taking Metro's naughty quiz
- Top Internet porn searches revealed {pages 12-18}

News

iPhone 4s misses the mark

- Newly installed Apple CEO, Tim Cook, unveils moderately revamped device
- Many left wanting more {page 07}

No bunny loved 'Playboy Club'

After only three episodes, NBC is canning the '60s-based TV show {page 19}

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T budget taken for pricey Ride

The Ride program is costing the MBTA millions per year ◗ Officials discuss proposal for in-person qualifications to try and cut costs ◗ Some say any savings found should be put toward eliminating agency's deficit

NICOLAUS CZARNECKI/METRO

▶ An internal audit released by the T in March found that The Ride was not operating efficiently.

Jacking up T fares won't be enough to keep the city's transit system from drowning in debt, so the MBTA is continuing to explore additional ways to cut costs and raise revenue.

One avenue they have started sniffing out is assessing people face to face to confirm that they qualify for The Ride, a paratransit program that T officials say is costing them millions annually.

"[The program] will exceed $5 to $10 million over budget for the current fiscal year," said interim MBTA General Manager Jon Davis. "The trend is higher than what we have planned for."

Davis said this year The Ride was budgeted at $100 million, but has been increasing in costs by 16 percent per year, while revenues have only increased 2 percent.

"It is putting a strain on total resources and what we have available for all other modes [of transportation]," said Davis.

On Monday night, the T held an informational session to discuss in-person assessments to determine eligibility for The Ride services.

The MBTA Board of Directors claims these types of face-to-face meetings will "determine if some customers can use buses, trains, trolleys for some trips," which would save the T some money.

"It's affecting the T's budget significantly," said Paul Regan, executive director of the MBTA Advisory Board.

Regan said in a world of finite resources, the T needs to be sure they are spending in the right way.

"If people who come in for assessment don't meet a standard, then they will go back on the regular system," he said. "But having said that, the T has spent a lot of money to make the whole system more accessible."

STEVE ANNEAR
steve.annear@metro.us

Progress

- **An RFP** will go out to contract a company to conduct the interviews.
- **More than 200** attended a session Monday night to discuss the proposal.
- **A new process** will potentially roll out on July 1, 2012.

Just what is The Ride?

This program, serving 62 communities, has lift-equipped vehicles provide door-to-door service to eligible customers who can't use subways, buses or trains due to a physical, mental or cognitive disability. METRO

Woman critical in shooting

BOSTON. Police are searching for the gunman who left a young woman critically injured during a shooting Monday night.

Officers responded to 39 Dearborn St. in Roxbury just after 10 p.m. and found the woman suffering from gunshot wounds.

The woman, who is in her early 20s, was in critical condition at Boston Medical Center. METRO

▶ The alleged scammer

Metro readers stop scam

BOSTON. An alleged scammer pretending to be in the military to solicit money came forward to police yesterday after he appeared on Metro's cover and readers inundated police with his true identity.

Transit Police Lt. Robert Lenehan said the man agreed to stop the scam.

"[We] appreciate the assistance of readers," said Lenehan. "We are ... advising him that any further engagement in this type of activity — falsely portraying himself as a member of the military in order to solicit money — will result in prosecution." METRO

Man guilty in beating death

MEDFORD. A Cambridge man pleaded guilty yesterday to fatally beating another man inside a Medford apartment last year.

Christopher Toppi, 29, was sentenced to 15 to 18 years in jail for using a lock wrapped with a towel to beat Brian Fahy, 28, of Weymouth after Toppi found Fahy asleep with his ex-girlfriend. METRO

In the news

894

The number of citations that were issued for possession of marijuana in 2010, the Boston Police Department announced yesterday. Citations are for $100, and they're issued when someone has less than one ounce of the drug on them. METRO

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Get yourself an education at Dewey Square

Dewey School

Named after the square that plays host to Occupy Boston, the free school will feature licensed teachers from inside and outside of the camp hosting lessons in martial arts, mechanics, literature and more, said school organizer Kevin McCourt.

‘Occupy Boston’ brings teachings to camp site ◐ Protesters pass on knowledge through free classes ◐ Medical, legal and religious info given

Down at Dewey Square, school is in session inside the tents and tarps occupied by protesters.

Entering their fifth day of encampment, members of the “Occupy Boston” movement are sharing their skills and offering free educational sessions all throughout the day.

Metro ventured into Tent City Square to reap the benefits of free-education.

Your Rights 101

Sitting inside a tent full of documents, Arania Webb teaches fellow “occupods” all about the Bill of Rights.

“You either use it or lose it,” she says, sitting with two other students. “I am teaching people their First, Fourth and Fifth Amendment rights.”

Students can also sign up for three-hour sessions with the National Lawyers Guild.

Basic Medicine

If you need to know how to clean your eyes in case the cops pepper spray you, the medic tent has full-time EMTs on hand to teach just that.

BOSTON NEWS
WWW.METRO.US/BOS
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Intro to Inner Peace

In a tent filled with faux candles and spiritual sayings, “occupods” meditated in silence as vehicles in the Financial District whizzed by. Occupiers can enroll in meditation sessions or restorative yoga classes and sing poems in prayer with lessons by pros.

STEVE ANNEAR
steve.annear@metro.us

Break for charged protesters

Prosecutors yesterday dropped criminal trespassing charges against 24 people who were arrested Friday when they entered the Bank of America on Federal Street as part of the Right to the City protest in Boston.

The court will treat the cases as civil infractions because of the demonstration's "peaceful nature."

Six of the protesters were assessed $50 fines because they had prior arrests. ● METRO/MN

NICOLAUS CZARNECKI/METRO

▶ Faith and spiritual classes are just an example of the courses offered at Occupy Boston.

News in pictures

PHOTOS
1. NICOLAUS CZARNECKI/METRO
2. NICOLAUS CZARNECKI/METRO
3. NICOLAUS CZARNECKI/METRO

1 A handful of communities on the North Shore were hit hard by sudden heavy thunderstorms that created massive flooding early yesterday morning and made a mess of the commute. Route 128 north was in gridlock for hours after the flooding closed several exits.

2 As much as six inches of rain fell in a short amount of time causing flash flooding, according to weather reports. Crews and residents spent much of yesterday trying to clean up after the sudden storm.

3 In Peabody, where some of the worst flooding was located, the city's mayor declared a state of emergency. Schools and the district court were closed, as were some major roadways which became clogged with stalled-out vehicles. ● METRO

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Boston's top cop takes to Twitter

Commissioner Ed Davis looks to engage online community Top cop tweets frustration, corrections

During his five years as police commissioner, Ed Davis has brought back walking beats in the city, attended community meetings and responded to many violent crimes himself. Now he's taken to Twitter to further his community policing goals.

"It's simply another community that we need to stay in touch with; and it's also a very educated, articulate group of people that are able to express their opinion in [140] characters or less," Davis said.

Davis, who is 55 this year, said he began using TweetDeck about a year ago and has since posted more than 160 tweets.

"It's simply another community that we need to stay in touch with."
DAVIS

Many of the tweets are comments on world events or chats with friends, but some seem to voice frustration with parts of his job.

"Very disappointed with meeting with ICE yesterday. They are not listening to our legitimate concerns," Davis tweeted in July as the city threatened to pull out of a controversial immigration program.

At other times he tweets directly with residents who voice concerns about crimes or who criticize police activity.

"We have to be transparent," Davis said.

MICHAEL NAUGHTON
michael.naughton@metro.us

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Newest iPhone not up to expectations

- Fans, markets react to newest offering from Apple
- Slightly revamped phone not quite revolutionary

GETTY IMAGES

Apple Inc. took the wraps off a new iPhone yesterday, but may have left some fans wishing for more than an updated version of last year's smartphone.

Newly minted CEO Tim Cook helmed his first major product launch with aplomb. The operations and supply-chain expert, not known for pitching products, stood in for ailing co-founder Steve Jobs, who did not show up as some expected he would.

The new iPhone is souped-up and comes with voice recognition and a better camera as expected, but it did little to lift the bar for smartphones.

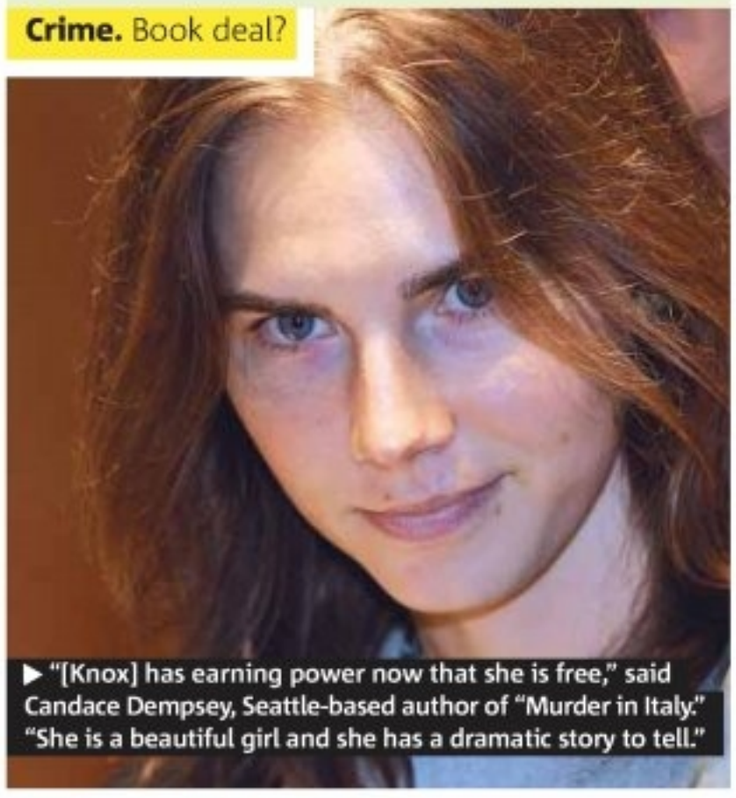
The latest iPhone come at a critical juncture as Android phones by Samsung Electronics and other competitors close in on Apple's lead. Android phones dominate the U.S. market three years after Google introduced the software.

Apple launches are some of the hottest events on the tech calendar. Tuesday's "Let's talk iPhone" show marked Cook's unofficial debut since taking over from Jobs in August.

Apple must sustain the popularity of its iPhone 4, which is more than a year old. Apple sold more than 20 million units in the third quarter. The iPhone, which accounts for more than 40 percent of Apple's sales, has been a big success since it came out in 2007 — making Apple into one of the world's leading consumer electronics companies. REUTERS

OLI SCARFF/GETTY IMAGES

Crime. Book deal?



▶ "[Knox] has earning power now that she is free," said Candace Dempsey, Seattle-based author of "Murder in Italy." "She is a beautiful girl and she has a dramatic story to tell."

Knox returns home to US

American student Amanda Knox flew home free yesterday after spending four years in an Italian jail, leaving the family of murdered British student Meredith Kercher racked with anguish that they are no closer to the truth about her killing. Prosecutors had alleged that Kercher resisted attempts by Knox and associations to involve her in an orgy. REUTERS

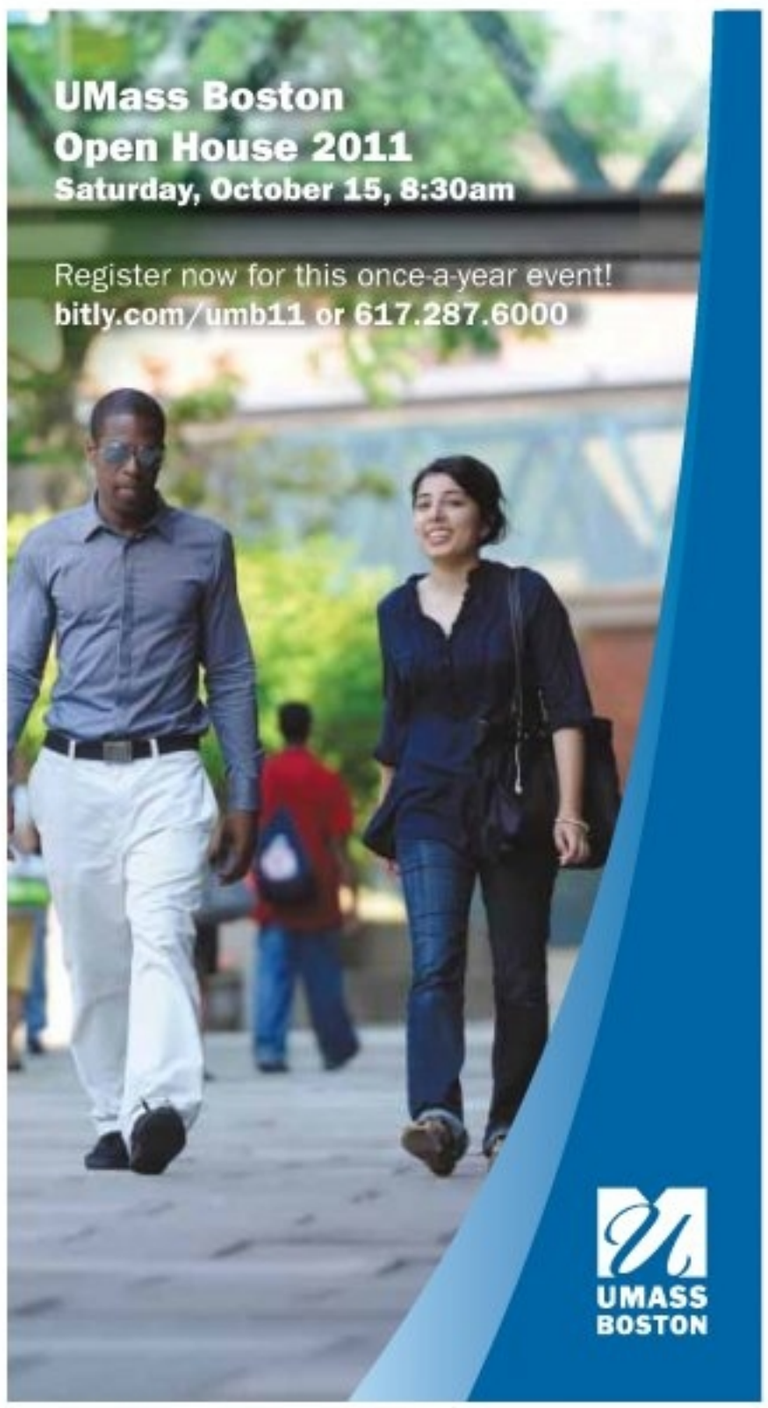
Muppet addition is hungry

LOS ANGELES. A new poverty-stricken Muppet will highlight the issue of hunger struggles on an episode of "Sesame Street," the show said in a statement yesterday.

Pink-faced Muppet Lily, whose family deals with food insecurity, will join old favorites on a one-hour prime-time special featuring country star Brad Paisley and his wife Kimberly Williams Paisley called "Growing Hope Against Hunger," to air Oct 9.

The new Muppet will bring awareness to the ongoing hunger struggles that families face in the United States, the show said. REUTERS

"Food insecurity is a growing and difficult issue for adults to discuss, much less children."
THE PAISLEYS



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News in brief

GETTY IMAGES

▶ Gov. Christie

'Now is not my time' to run

TRENTON. New Jersey Gov. Chris Christie dashed hopes yesterday that he might make a late leap into the 2012 Republican presiden-tial race.

Christie's 45-minute news conference gave voters a taste of what they will miss in not having him on the campaign trail, a straight-talking politician so comfortable in his own skin that he could laugh about news coverage of his ample waistline. **REUTERS**

Terror suspect: US a cancer

DETROIT. The Nigerian man accused of trying to blow up a Detroit-bound flight on Christmas Day 2009 called the United States a "cancer" just before jury selection began yesterday in his trial.

Umar Farouk Abdulmutallab, 24, is charged with attempting to detonate explosives sewn into his underpants as Northwest Flight 253 approached Detroit. **REUTERS**

Jolie steps up refugee role

GENEVA. Angelina Jolie will be taking on a new role in the world's most acute refugee crises, the American actress and United Nations refugee agency UNHCR said yesterday, to help resolve the fate of 2.7 million Afghan refugees in Pakistan and Iran. **REUTERS**

TSA testing new no-shoe-removal airport screening

Pilot program may reduce hassle at the airport ◐ No word yet on when regular passengers will have option

WASHINGTON. The U.S. Transportation Security Administration today began a program aimed at speeding the most frequent travelers through airport checkpoints without the usual security measures such as removing shoes.

The pilot program, called PreCheck, is at four airports, in Miami, Dallas, Detroit and Atlanta and includes only travelers who have been invited by the TSA and approved after background checks.

"We are looking at how to further enhance security through passenger prescreening and, whenever possible, expedite the screening process for travelers we know and trust the most," Transportation Security Administrator John Pistole said today in prepared remarks for a conference in Amsterdam that was sponsored by the International Air Transport Association.

▶ Happy feet?

GETTY IMAGES

Some members of the U.S. Customs and Border Protection's trusted traveler program, as well as some frequent fliers, were invited to join PreCheck. The program is free of charge. Citing security reasons, the TSA hasn't disclosed how it selected the participants.

The TSA must expand PreCheck to include anyone willing to submit to criminal and commercial data checks and provide a biometric, such as a fingerprint, to meaningfully improve airport security, said Geoff Freeman, executive vice president of the U.S. Travel Association, a Washington-based organization representing the travel industry. **BLOOMBERG**

8K

As many as 8,000 passengers per day are expected to move through the expedited checkpoints, a TSA spokesman said. Approved passengers will receive coded boarding passes that enable TSA agents to refer them to a separate screening lane.

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Report: Groupon not always a deal

Website finds some inconsistency in the value of the hot online deals destination Advice: Don't buy blindly

Groupon's entire business is built on the promise that it can offer consumers deals of at least half off the price of activities and services. These kind of deals were once hard to come by, but now one shopping site argues certain Groupon deals may not be quite as good as they seem.

Thumbtack, an online marketplace for local services, analyzed a series of Groupon deals for housecleaning, repair work and other services offered by local professionals and compared Groupon's asking price for these services in select cities to its own data on the average going rate. Sure enough, Thumbtack found there were at least five instances when Groupon valued a deal at well above what the service costs on average.

In August, for example, Groupon advertised an offer for two hours of maid service in Chicago for $22.50, half the $45 that the site said this service would cost normally. Yet, according to the 62 listings for the same service in the same city on Thumbtack, the average asking price of this service is just $20.

That said, the larger point raised by the report is worth considering: Just because something is 50 percent off doesn't necessarily mean it's the best deal.

A couple caveats

Of course, the Thumbtack findings come with several caveats.

- For starters, Thumbtack only analyzed the deals Groupon offers for local services, something that accounts for just a tenth of all Groupon deals.
- What's more, Thumbtack is itself a marketplace for local professionals to advertise services. MAINSTREET.COM

CONTRIBUTED BY The Street

PHOTODISC

▶ Before filling your cart to the brim with supposed deals, why not shop around to see if you're being played?

Fleeing over BoA fees?

NEW YORK. Bank of America announced last week that it will charge a $5 monthly fee to checking customers who use their debit card to make a purchase, and customers are not happy — to say the least.

The question, then, is how many customers will be annoyed enough to actually jump ship. Kit Yarrow, a professor of psychology and marketing at Golden Gate University, says that Bank of America can't rely on any kind of customer loyalty to keep even long-time customers on board. MAINSTREET.COM

83%

In a poll conducted by TheStreet, a whopping 83 percent of readers said they planned to leave the bank in response to the new fees.

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your answers

Nearly 4,000 people across the world answered our online poll ◐ We asked what turned you on or off ◐ Here's how you feel about cheating, being cheated on and ugly sex

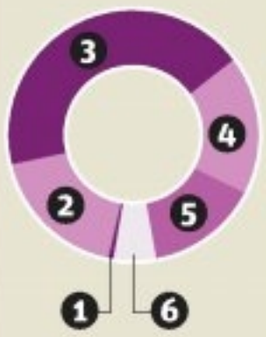
THE 2011 SEX SURVEY RESULTS SAY ...

Sex by the numbers:

Arousal

HOW OFTEN ARE YOU 'AROUSED?'

WOMEN:



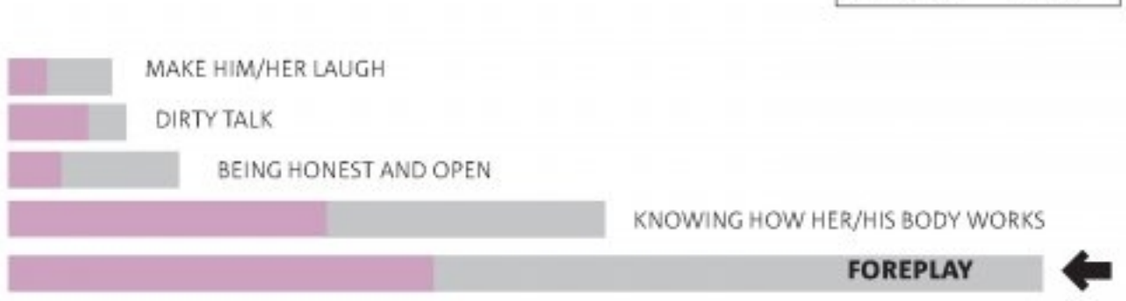
1: EVERY HOUR 7 %
2: A FEW TIMES A DAY 17 %
3: EVERY FEW DAYS 40 %
4: WEEKLY 17 %
5: MONTHLY 14 %
6: NEVER 5 %

MEN:

1: EVERY HOUR 5 %
2: A FEW TIMES A DAY 54 %
3: EVERY FEW DAYS 27 %
4: WEEKLY 5 %
5: MONTHLY 3 %
6: NEVER 6 %

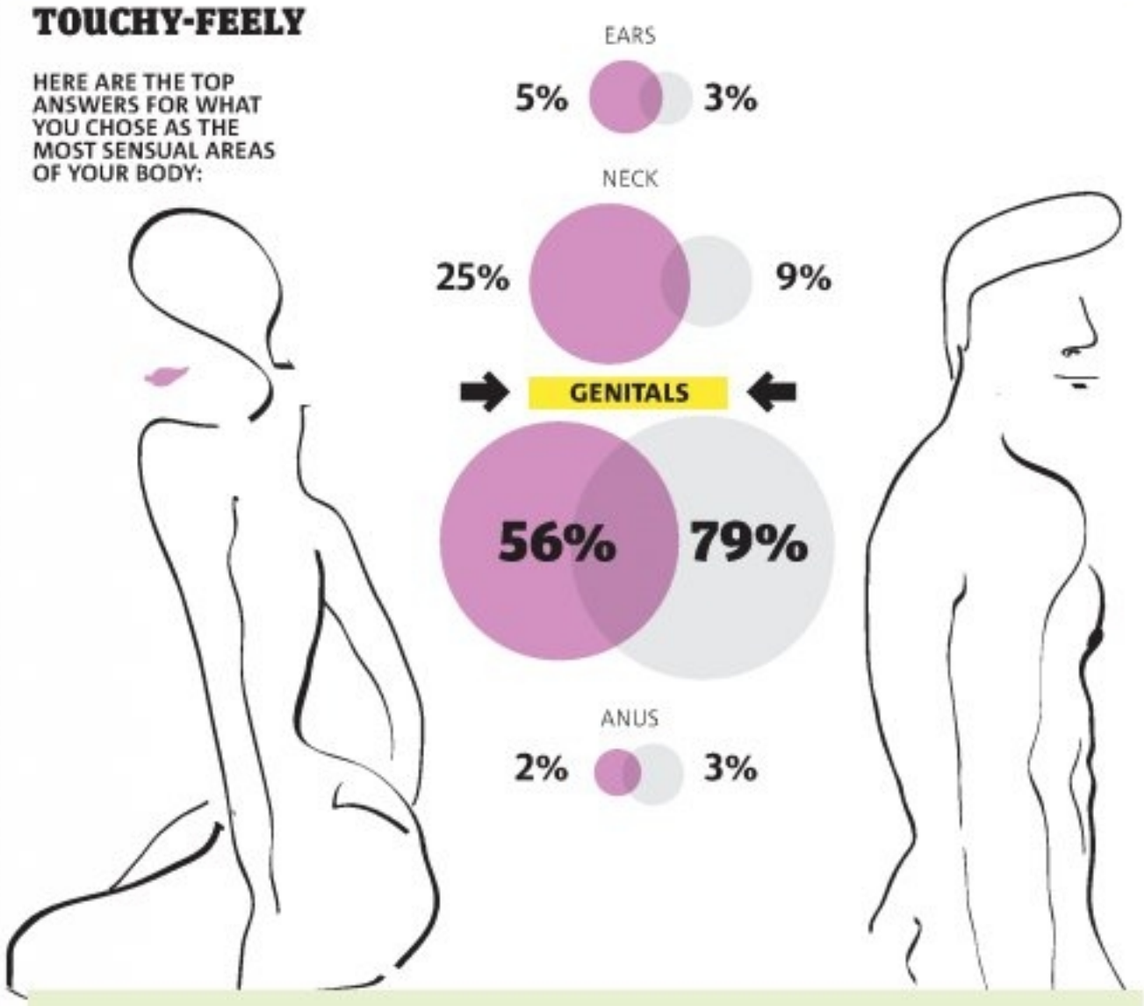
TURN ON

WHAT'S YOUR SECRET TRICK TO TURNING YOUR PARTNER ON?



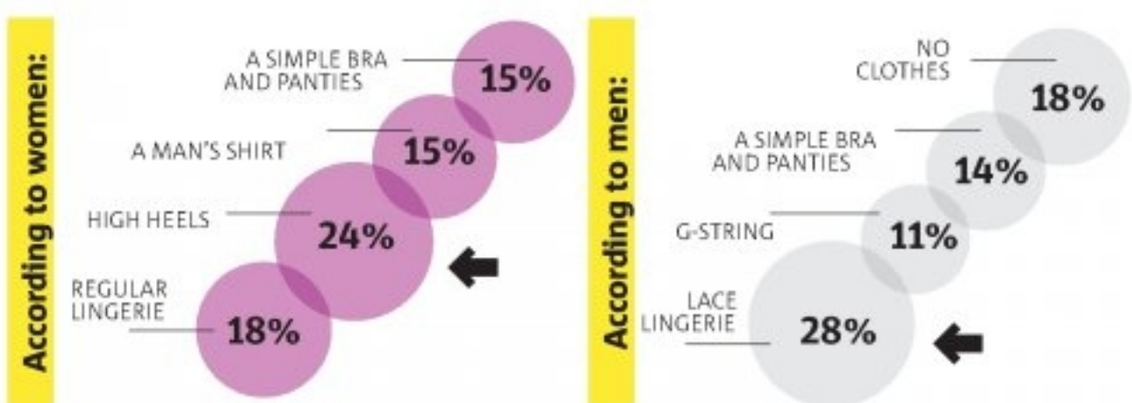
TOUCHY-FEELY

HERE ARE THE TOP ANSWERS FOR WHAT YOU CHOSE AS THE MOST SENSUAL AREAS OF YOUR BODY:



SEXY THINGS

WHAT'S THE SEXIEST THING A WOMAN CAN WEAR?



Every year, we poll our readers about their attitudes toward sex, and the results provide a peephole into their deepest, darkest desires. But this year's was the first survey deemed, in some Metro countries, too hot to run. Why? We got dirty. We asked about masturbation. We asked about infidelity. We asked about, to be honest, the really rude stuff. Here's what we learned.

HOW OFTEN YOU'RE AROUSED

Forty percent of our women admit they're "aroused" every few days, with "weekly" and "a few times a day" coming in second with 17 percent. But if you're a dude, you're probably reading this paper with one hand. Most men (54 percent) are aroused a few times a day, especially Mexican men, 75 percent of whom are regularly turned on.

HOW OFTEN YOU HAVE SEX

It takes two to make a thing go right, so it's not surprising men's and women's answers lined up here. The overwhelming answer was weekly, with 47 percent (women) and 49 percent (men). Eleven percent of women, and 8 percent of men, admitted it's "been years" since they had sex. Six and four percent were virgins.

HOW OFTEN YOU MASTURBATE

Ladies, the romantic news is 18 percent of men claim they think about their current partner when they beat the bishop. That said, 11 percent think about multiple partners and another 11 percent about past lovers, while 10 percent dream of porn stars. At least you have a good chance of coming up in the rotation: A strong 20 percent say they do it every day.

As for women, only 5 percent masturbate every day. Weekly (27 percent) was more common, but additively, y'all do it a lot less: Monthly (19 percent), a few times a year (18 percent) and "it's been years since I tried" (17 percent).

WOULD YOU CHEAT?

Or more correctly, we asked: "If you were married, and could cheat without getting caught, would you?" An outraged 57 percent of men said: "No way!" But wives may still want to tighten that leash: 33 percent said yes! Meanwhile, 75 percent of women overall said they'd never cheat, with only 18 percent saying they would. They might want to reconsider when they see how forgiving men are ...

WOULD YOU FORGIVE?

Surprisingly, most men would take back their cheating wives — but women would tell their men to get stepping. A resounding 56 percent of women said they could not get back together with their cheating partner, with Swedish women (70 percent) the most adamant. Only 35 percent of women overall said they would reunite.

Men were more forgiving, with 48 percent agreeing to take their cheating partner back. French men were forgiving, as were Hungarians. In unrelated news, we are moving to Hungary.

TAKE HOME SOMEONE UGLY

Have you ever had sex with someone you found unattractive just because? Eighty-six percent of women in the Netherlands said no. And what about the Sex and the Cityfied U.S.? Only 26 percent of women have done this. Their male counterparts have lower standards: 53 percent of them have had sex with someone they didn't like, which is in line most other countries. METRO WORLD NEWS

And more stats

Among the big headlines:

- **Mexicans** are the horniest but **Russians** have the most sex. **Swedes** are the most conservative.
- Women love **Italian** men and men love **Brazilian** and **Swedish** women.
- Have you ever pretended to be nice to someone just to get sex? Yes, especially in **Russia**, where 62 percent of men answered yes.
- Bukkake: 36 percent of all men know what it is, but 86 percent of women don't.
- Is a guy playing an acoustic guitar sexy? Yes, in **Canada** and the **U.S.**, 62 percent of women said they love it.

Analysis

DEALING WITH CHEATERS

LAURIE PUHN
COUPLES MEDIATOR + AUTHOR OF "FIGHT LESS, LOVE MORE"

"If a husband makes out with a woman, but no sex, that's just as bad as having sex."
PUHN

Our poll showed many men would take back a cheating woman, but women would kick a cheating man out. Why do you think men were more forgiving overall?
Because they are more likely to cheat, as research has shown. They are therefore going to be more understanding if their partner cheats. They know how it can happen. They are familiar with the instinct of desiring the unknown woman down the hall.

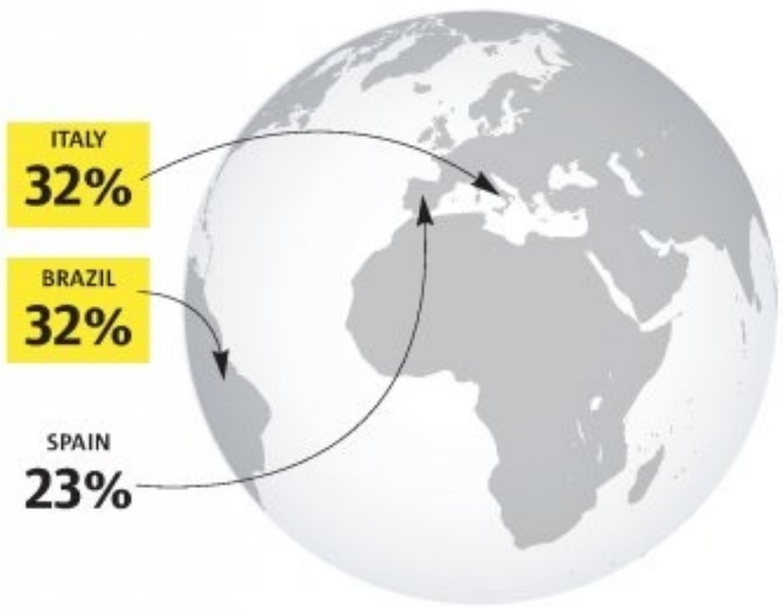
Are men possibly more emotionally dependant than women?
Not necessarily. Women initiate two-thirds of divorces in the United States. They are more willing to try their luck with another guy than men are with new women. More men would rather not go through the whole process of developing another serious relationship and potentially having more children or step-children. Just the idea of all that effort is more exhausting than staying in a less-than-perfect marriage.

So they're just desperate to hold on to someone, because it's hard to meet women?
Men are more desperate to hold on to their women because they know that all women take work. The attitude is, why leave one woman for another who will also eventually require tremendous effort?

Often, when someone learns of an infidelity, they ask, "Did you sleep with them?" Why does sex carry such weight?
Men care more about the line between hooking up and having sex because not sleeping with someone (when you have the option) requires restraint. Women don't care about that line. If a husband spends a night talking and making out with a women (but no sex), that is just as bad as having sex. SAM CASTONE

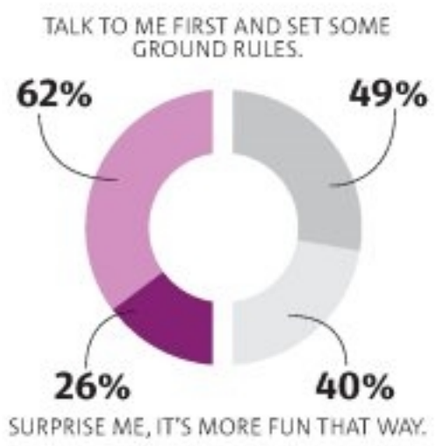
WORLD'S SEXIEST

WHICH COUNTRY HAS THE PEOPLE YOU FIND SEXIEST?



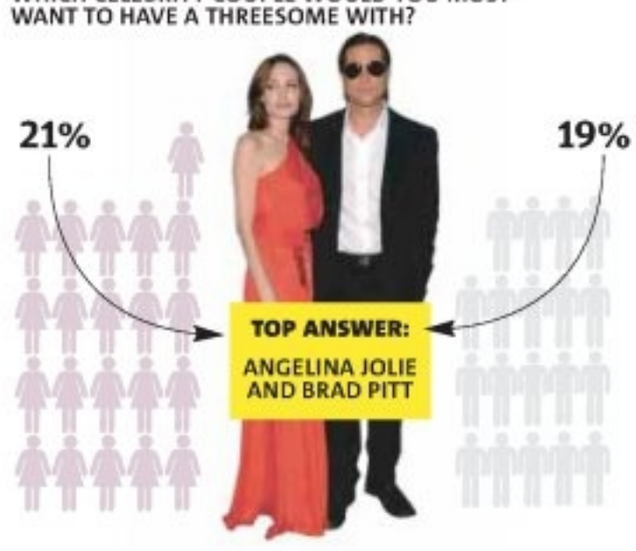
ME AND MY FETISH

WHAT IS THE BEST WAY FOR A PARTNER TO INTRODUCE A FETISH?



IF YOU COULD ...

WHICH CELEBRITY COUPLE WOULD YOU MOST WANT TO HAVE A THREESOME WITH?



Sex in the office

Your boss probably wants your body

It's finally time to confirm something women have thought forever: The "sexy" girls in the office are treated differently. Fifty-one percent of

▶ The bosses, reporting for booty

women feel this way (especially in France, Hungary, Mexico). Although in Denmark, a large majority (42 percent) disagreed, saying men think of them as "people," not women.

So what do men say? We asked if they sexualize women at work. Well, 41 percent said they try really hard to think of them as people. Yet 25 percent said: "Of course, I can't help it." And 28 percent said they sexualize only the "super hot" ones.
METRO WORLD NEWS

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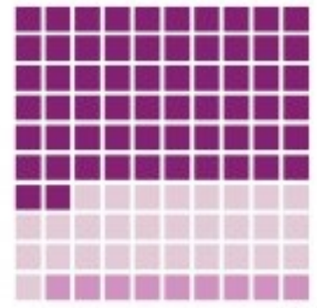
Prostitution

Should "consensual" prostitution be illegal?



hot or not

The sexiest people ever

We took the top traits of today's hottest celebs and melded them into the perfect couple What's better than Bradley Cooper? Someone with his eyes and Robert Pattinson's hair and James Franco's mouth ...

HAIR

Robert Pattinson

One of Glamour UK's sexiest men alive would top any list, but his vampire hair sparkles.

NOSE AND EYEBROWS

David Gandy

The blogosphere went crazy over the model's Dolce & Gabbana book — and so did we. The first shot is a full frontal nude and it gets more NSFW from there.

EYES

Bradley Cooper

He joked on "Ellen" about starting a campaign to be named Sexiest Man Alive. Said the host: "Wow, those are some blue eyes. They sparkle like there's an evil light coming out. In a beautiful way."

BODY

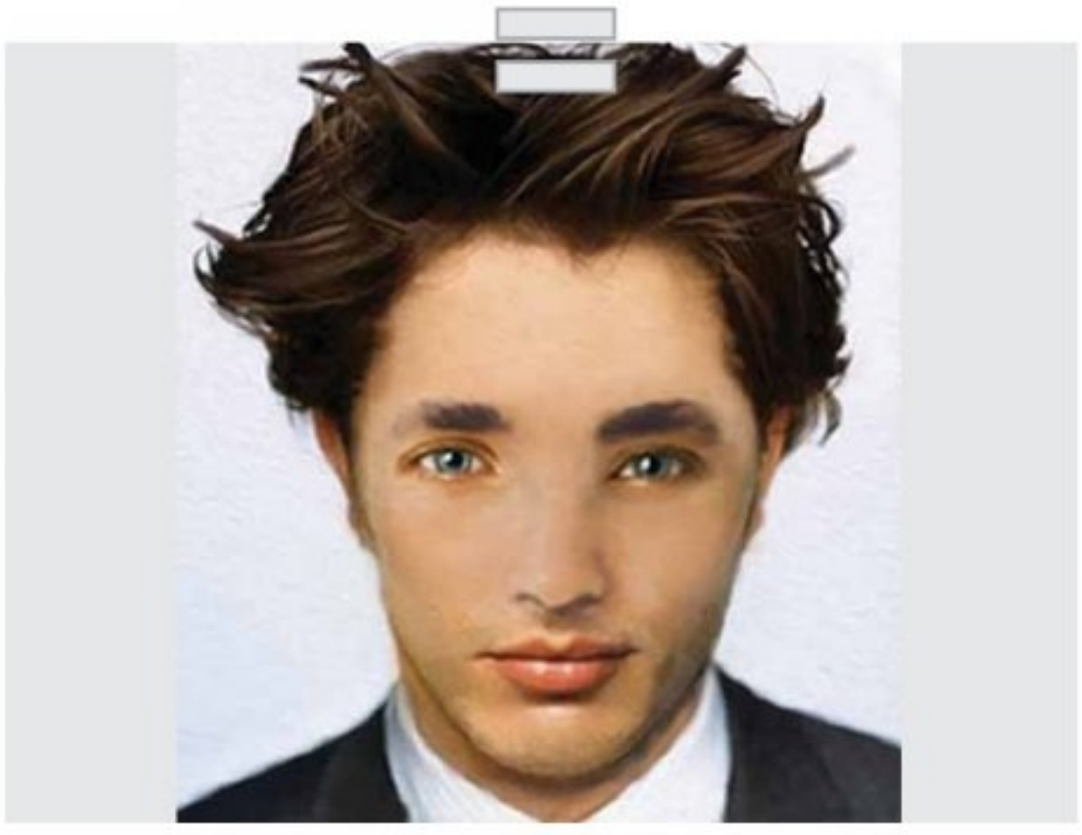
Ryan Reynolds

The Green Lantern was voted last year's Sexiest Man Alive by People Magazine, mainly because of his sense of humor. Probably had nothing to do with those abs.

FACE SHAPE, MOUTH, CHIN

James Franco

His puss was run through a "beautification engine," a software program that makes you better looking, developed by Tel Aviv researchers in 2008. The result: no changes. Dude's perfect.



EYES

Mila Kunis

In "Friends with Benefits," Justin Timberlake compliments her breasts once — but her eyes twice.

MOUTH

Lara Stone

The gap between her teeth hasn't prevented her from an astonishing rise: She's one of Forbes mag's top-earning models of 2011.

NOSE

Zoe Saldana

One of Entertainment Weekly's 30 sexiest women is hot in every role, even as a blue Na'vi in "Avatar."

BODY

Kim Kardashian

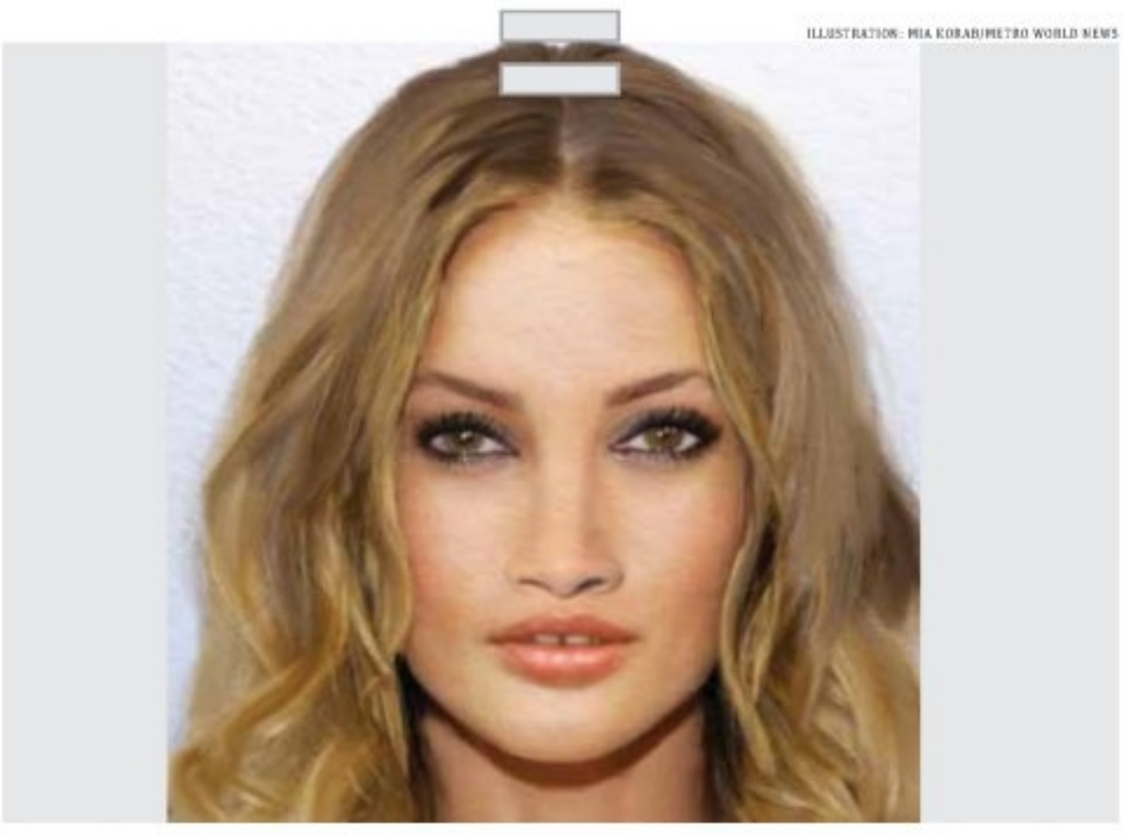
Her sex tape is the most viewed on YouPorn. And it's not because of her big brain.

FACE SHAPE, HAIR

Rosie Huntington-Whiteley

FHM readers voted her the sexiest woman alive, and she was better than Megan Fox in the "Transformers" sequel. Win.

MIA KORAB



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quiz

NOT-SO-SCIENTIFIC QUIZ: TEST YOUR SEX IQ

SAM CASTONE
METRO WORLD NEWS IN LONDON

You might think you know it all in the bedroom, but can you pass our trivial test? Good luck scoring!

1. "When I get that feeling, I want sexual healing, sexual healing, oh baby." What is this song's next line?
A "Hit me one more time."
B "Makes me feel so fine"
C "I'm aged like a fine wine."
D "Does anyone want a slice of lime?"

2. Is the clitoris generally always in the same place, or does it differ woman to woman?
A It's always in the same place: above the opening of the urethra and vagina
B It's always in the same place: perpendicular to the labia majora
C It differs woman to woman
D What is this "clitoris" you speak of?

3. Of the six possible romantic entanglements for a female version of Commander Shepard in Mass Effect II — 2010's Video Game of the Year — how many are human?
A Zero
B One
C Two
D Three

4. When do women have the most eggs?
A When they hit puberty
B In their early 20s
C When they hit their sexual peak, around 34
D When they're a baby in the womb

5. What percentage of the world's men are circumcised?
A 27.2%
B 54.7%
C 62.1%
D 71.9%

6. According to the YouTube video "How to Kiss with Passion" — which has received 32.6 million views — what is the first step?
A Brush your teeth, floss and use mouthwash; at the very least, have a mint.
B Sit with your partner in private.
C Relax and clear your mind.
D Angle your face to avoid crunching noses.

7. One in 10 women have what in common?
A They will never have an orgasm.
B They have uneven breasts.
C They have multiple orgasms every time.
D They admit to smoking after sex.

8. What does BBW stand for?
A Big, Bald and Wonderful
B Bigger, Better, Wetter
C Big Bow Wow
D Big Beautiful Woman

9. Which of these actresses has not played a prostitute onscreen?
A Jodie Foster
B Monica Belluci
C Jennifer Aniston
D Barbra Streisand

10. The most viewed video of all time on YouPorn, with more than 48 million views, is ...
A "Great Body, Great Sex, Great"
B "Paris Hilton — Movie"
C "Fantasy Girl C**s to Life"
D "Blonde hottie p***y and a**"

▶ Do you know how to kiss? (This is wrong.)

How to score

8-10
If you answered 8-10 correct: Frankly, we're surprised you stopped having sex long enough to read this pervy quiz.

4-7
If you answered 4-7 correct: You, like most sexual encounters, were neither amazing nor embarrassing — mostly forgettable. Let's never speak of this again.

0-3
If you answered 0-3 correct: We loved you in that movie, what was it called? With the funny guy? Oh, right, "The 40 Year Old Virgin."

Correct answers: 1B, 2A, 3: C, (if you got question 3 correct, you lose a point), 4D, 5B, 6A, 7A, 8D, 9C, 10A

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trends

The No. 1 porn is ...

Forget Jenna Jameson: The new XXX star is your neighbor YouPorn reveals the top categories worldwide, starting with normal people

You could probably guess that half of all Internet users log in daily to porn websites. You might also figure that the porn industry is worth more than Microsoft, Google, Amazon and Apple combined. But what are all those customers fantasizing about?

Regular people.

At Metro's request, Youporn — one of the most prominent porn portals on the Web, with 12 million hits and 2.5 million searches per day —studied the habits of 18 countries. The most clicked on worldwide: amateurs.

In 16 of the countries, it came up in the top five, beating other categories like hairy (big in Portugal and Russia), young/old (number one in Greece) and mature (number one in Sweden, among others). Meanwhile, the most popular search term in the U.S. and Portugal is "Backroom Casting Couch," a real-life series where aspiring models have sex with faux producers.

"The uptake in popularity of amateur pornography has changed the way the industry works as a whole," says Jude Mahoney, the marketing manager at YouPorn.

Tau Morena knows. A South African porn producer, he launched the most successful all-black amateur pornographic website in Africa, Sondeza. The portal also promotes awareness against HIV and stars local black talent. "People are now interested in seeing the real stuff about other people," he says. "They are tired of the same old material made by professionals: It all looks the same. But when it comes of amateur, it is different at all times."

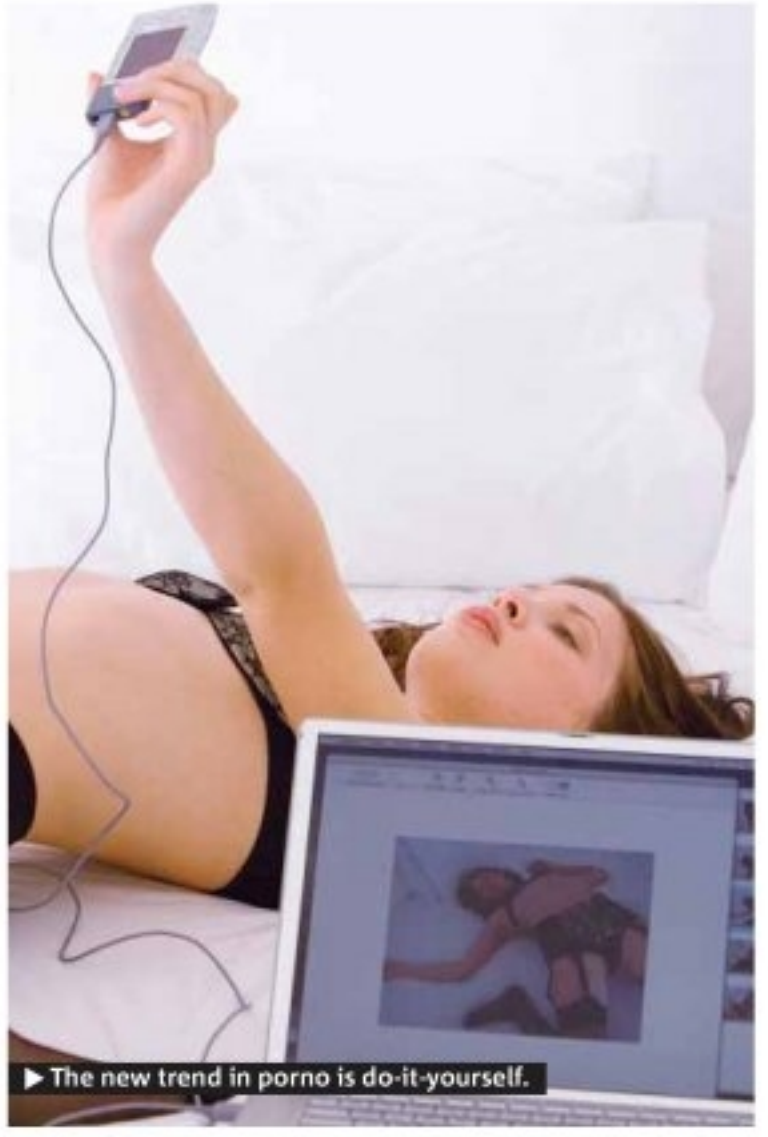
Mainstream porn giants are struggling to cope with the novelty. "It's simply not possible for any studio to match the volume of content uploaded by users on a daily basis, which is what has made tube sites that host user-submitted videos so popular," Mr. Mahoney added. YouPorn's data also indicates people search for those of a similar ethnicity.

LILLO MONTALTO MONELLA
METRO WORLD NEWS IN LONDON

Like 'em mature?

YouPorn's search-term data was equally interesting. Here's a few highlights from every country's top five:

- Of the 18 countries, 11 searched for MILF or mature. Only six searched for teen or babysitter.
- Among the more creative search terms: 3D (Japan), granny (Denmark), cartoon (Russia), amateur dildo smoking (China) and shemale (Brazil).



▶ The new trend in porno is do-it-yourself.

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it's all in his head

WHAT TURNS MEN ON?

"A man's sex drive is more spontaneous than a women's and pretty much anything can trigger a sexual thought," says our expert Tracey Cox Here's what a Metro page looks like though their eyes

Chances are, you're reading this in the subway, which is appropriate for our subject at hand. "Being jammed up close to people means you're bound to make eye and physical contact, which are both a turn on," says sex and relationship expert Tracey Cox, author of "Super Sex for Life." "If a girl looks a guy straight in the eye, it's usually because they find them attractive. If they have their butt or arm pressed against them, that's enough to trigger sex thoughts."

Oh, also: sex sex sex.

Fifty-four percent of men think about sex several times a day, especially when triggered by the following:

Being single

"The minute a guy is single, he thinks of sex. Equally, if their friend is dating someone new they are reminded of sex. When in a new working environment, they will be more aware of their female colleagues."

Drinking

"The minute they drink alcohol, men suffer from the 'beer goggles' effect. Everything gets blurred, and most things become air-brushed in their vision — especially women. And anything makes them think of sex."

Men can also turned on by: "Anything that involves finger licking, be it ice cream or fried chicken. Phallic-shaped foods, such as a banana, are a bonus."

Sex

Just thought we'd mention the word again, because men would be thinking of it now. It's been seven seconds.

Hotel rooms

"Hotel rooms are associated with secrecy and being naughty. They are also linked to being on holiday, where men have more time to think about sex."

Women driving

"A girl driving a sexy car — think Audi or Ferrari — shows a guy she likes to speed and her sense of power could mean she is more promiscuous."

High heels

"Men assume women wear high heels as an effort to look more attractive. Women feel sexier in them."

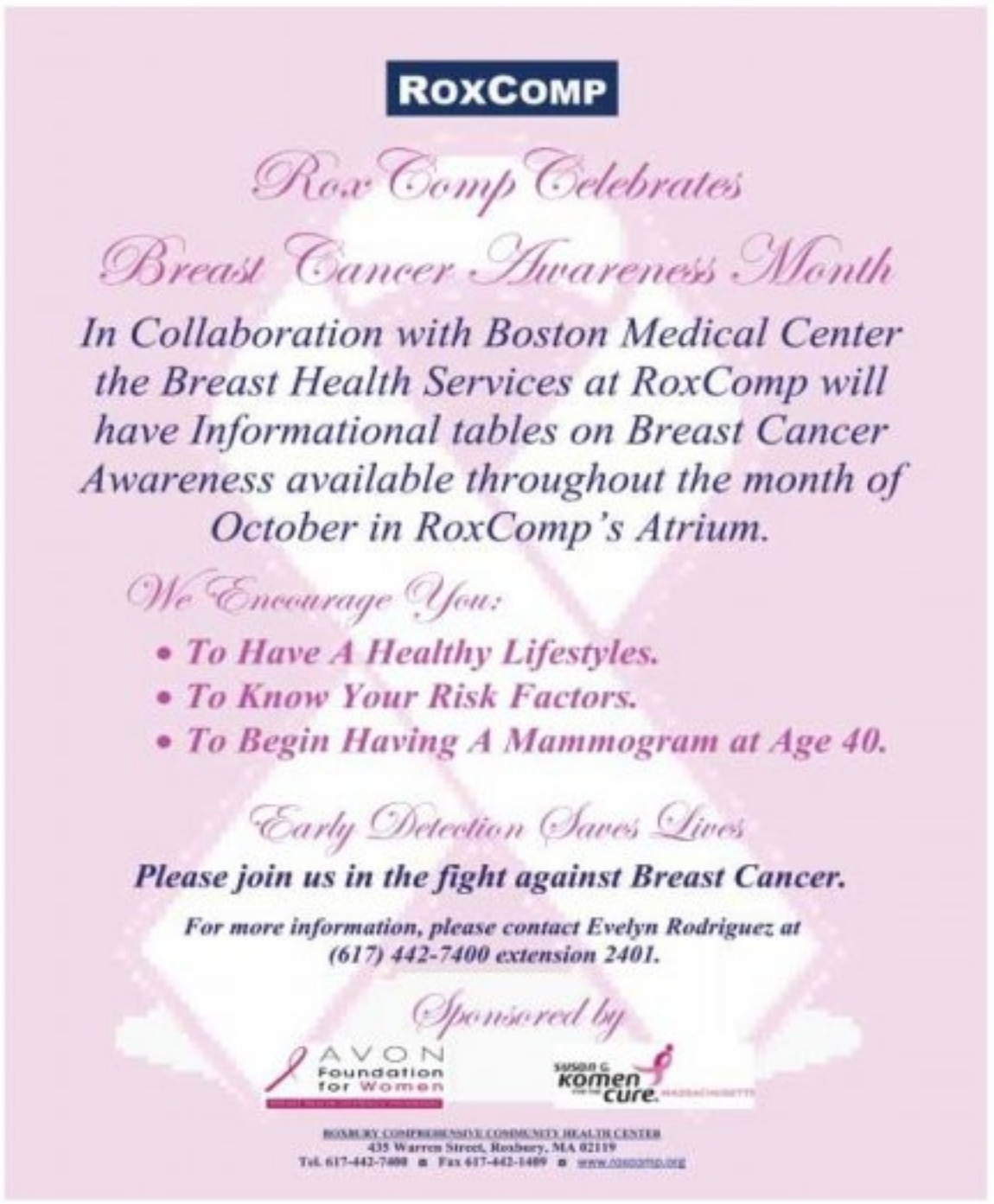
Flesh of any kind

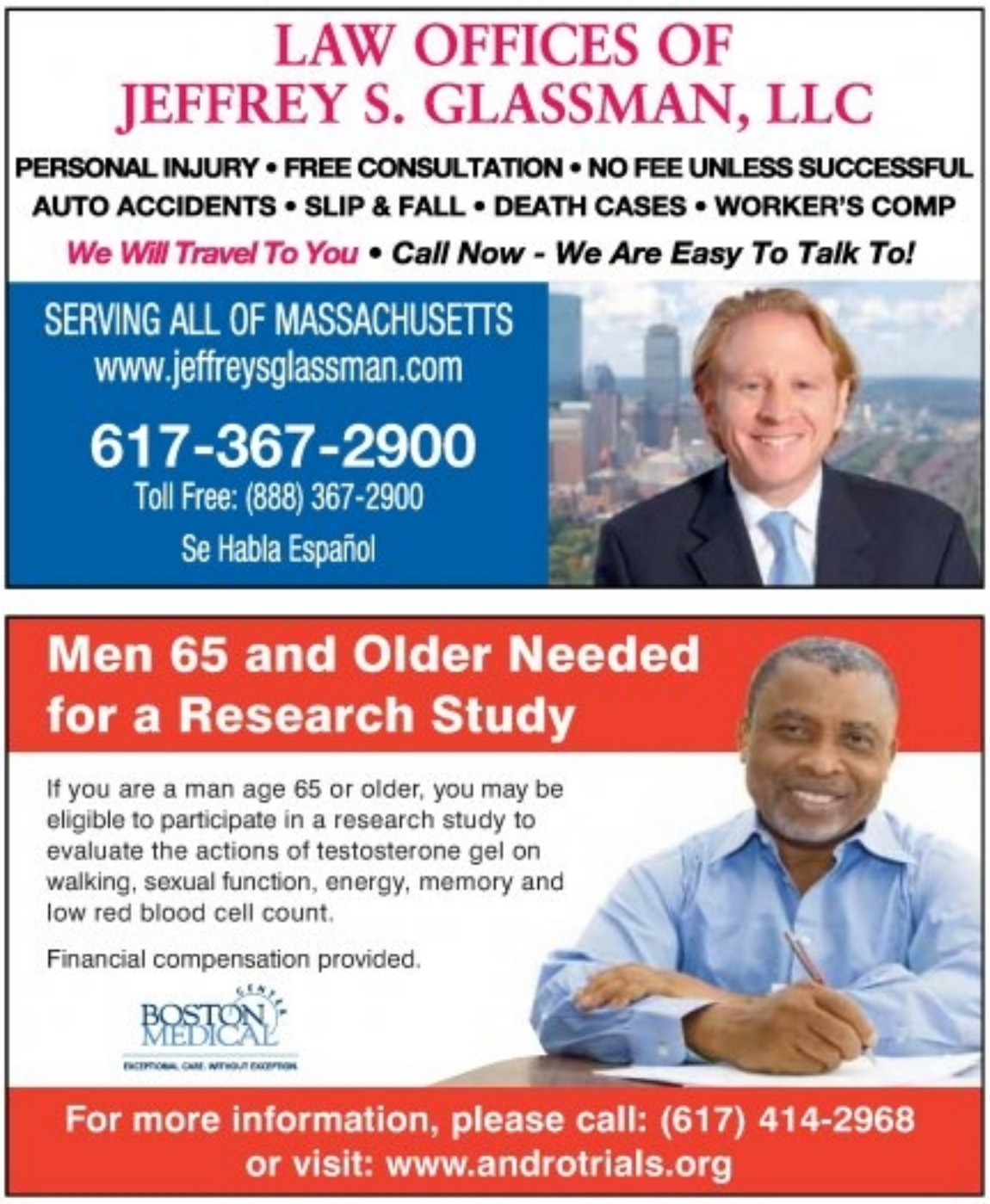
"Anything from watching porn to being an environment where more flesh is on display, such as the beach."

Smells

"A particular smell or perfume can trigger the memory of a girl he's had great sex with."

ROMINA MCGUINNESS





myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Eddie Cibrian back to being unemployed

Out of all the couples I write about, the one I don't understand the tabloid fascination with is **Eddie Cibrian** and **Leann Rimes**. I mean, I know how they got together was kind of sordid (he reportedly left his wife for Rimes and now Rimes is so skinny she resembles more of a femur than a human being) but hey, show me a couple in Hollywood who didn't get together under shady circumstances, and I will show you a lie. I guess the point is: They seem rather low-level for our current fascination with them, right?

But now we actually know who Eddie Cibrian is, it's a bummer to announce that his NBC show, "The Playboy Club," has been canceled after only three episodes due to low ratings. "Rock Center with **Brian Williams**," a prime time newsmagazine, will replace it. The show will feature **Harry Smith**, **Kate Snow**, **Meredith Vieira**, **Dr. Nancy Snyderman**, **Richard Engel**, **Matt Lauer**, **Ann Curry** and of course, Williams.

And while I always knew Brian Williams was a stone-cold fox (don't even get me started on Harry Smith); it's a beautiful world if they'll get more viewers than a bunch of scantily clad women in Playboy Bunny uniforms.

KBC

▶ Eddie Cibrian and former co-star Amber Heard can ditch the period duds — "The Playboy Club" is canceled.

DiCaprio, Lively split

Us Weekly is reporting that fledging couple **Blake Lively** and **Leonardo DiCaprio** have parted ways after five months of dating. Reps for both stars confirm the pair will "remain friends."

There was no reason given for the separation. But I'll guess it's because of the age-old fact that relationships end in two ways: Either you break up or you get married. And maybe, just maybe, these two were smart enough to know it's a really, really bad idea to get married in Hollywood.

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DOROTHY ROBINSON'S WORD BLOG

Talking points

Britney Spears' Freudian slip

Maybe all of the engagement rumors about her and **Jason Trawick** have been sinking in with **Britney Spears**, as the singer flubbed when referring to her boyfriend during a recent radio interview in the U.K. When asked about dressing up in costumes — her sons recently had a Spider-Man-themed birthday party — Spears said, "Actually me and — I was going to say my husband — my boyfriend, we do that every once in a while. We're goobs. I'm so embarrassed." So was it just a Freudian slip or a hint at some big news to come?

Thomas Jane relates to his 'Hung' hero

"Hung" star **Thomas Jane** is being remarkably frank about his early days in Hollywood, telling the L.A. Times that he used to perform sexual favors for men to get by. "When I was a kid out here in L.A., I was homeless. I didn't have any money and I was living in my car. I wasn't averse to going down to Santa Monica Boulevard and letting a guy buy me a sandwich. Know what I mean?" he reveals. "You're a lot more open to experimentation as a young man. And for me, being a young artist and broke in Los Angeles, I was exploring my sexual identity."

Thomas Jane

Pattinson goes out with a whimper

With filming on the "Twilight" films behind him, **Robert Pattinson** admits he's a bit disappointed with how it all ended, according to Hollyscoop. When Pattinson and **Kristen Stewart** filmed their final scene, there was still another day of filming left for the crew, he explains. "The wolves actually wrapped the whole movie, so our bit was such an anti-climax because it was the end of a week of night shoots," Pattinson says. "But they had the last-ever day the next day. So when it was our last bit, no one clapped or anything."

Seth Rogen: Happy being kid-free

While he may be a happy newlywed, **Seth Rogen** is definitely not jumping into starting a family. "All my friends are having kids and my sister just had a baby last year, and it makes me not want to have kids," the "50/50" star tells iVillage. "It's very nice just playing with [my sister's baby] and then as soon as it becomes difficult, you just hand it off." As for his relationship with new wife **Lauren Miller**, Rogen says he's done a lot of growing up himself, thanks to her. "I talk much quieter generally, conversationally," he says. "I don't interrupt as much. But I'm cleaner than she is."

2

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

Andy Roddick is setting the record straight, Bette Midler is figuring things out, Jenny McCarthy is sharing blonde jokes and Conan O'Brien is enjoying the changing seasons.

▶ **@andyroddick**
Definitely did not get up in the middle and "walk out of interview" contrary to headline on cnnsi.com. Answered last question and left

▶ **@BetteMidler**
The Kardashians = the Gabors! I knew I'd seen this movie before!

▶ **@JennyMcCarthy**
Did you hear about the blonde lesbian? She keeps having sex with MEN!

▶ **@conanobrien**
Ah, autumn in LA, when the stagehands spray the leaves such pretty colors.

Bette Midler

myentertainment

Red carpet stunners and other notable entrances

1: Actress Uma Thurman strolled into the RITZ hotel yesterday in Paris, France.

2: Julianne Hough and Kenny Wormald strutted their stuff at the premiere of their film "Footloose" on Monday in Los Angeles.

3: Actress Jeanne Tripplehorn, Dr. Jill Biden, executive producer and director Jennifer Aniston and actress Patricia Clarkson attended the red carpet screening for the TV movie event "Five," hosted by Lifetime and Jennifer Aniston at the and International Trade Center on Monday in Washington, D.C.

4: Sarah Jessica Parker and Matthew Broderick were all smiles at the Friends in Deed 20th Anniversary Gala at the American Museum of Natural History on Monday in New York City.

5: Kirsten Dunst at the "Melancholia" premiere after-party during the 49th annual New York Film Festival at the Stone Rose Lounge on Monday in New York City.

6: Actress Florence Henderson posed before signing copies of her book "Life Is Not A Stage: From Broadway Baby To A Lovely Lady And Beyond" at Barnes and Noble at The Grove on Monday in Los Angeles.

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Being haunted by more than ghosts

Supernatural beings only amplify the drama for one troubled family in 'American Horror Story'

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CR: ROBERT ZUCKERMAN.

▶ Did you hear that? From left: Dylan McDermott, Taissa Farmiga and Connie Britton star in "American Horror Story," premiering tonight at 10 on FX.

"American Horror Story" involves a kleptomaniac neighbor, murder-suicide and sex with a ghost in a full-body latex suit. And that's just the first hour.

The latest from Ryan Murphy and Brad Falchuk — yes, the team behind "Glee" — finds the duo in a much more "Nip/Tuck" state of mind. Murphy calls his new FX drama a "psychosexual thriller."

It's scary alright, with an intense focus on sexual frustration and fragile relationships: The motivation for the Harmons (Dylan McDermott and Connie Britton) to move their teen daughter (Taissa Farmiga) across the country and into a (haunted!) house is a fresh start after dad's affair and mom's miscarriage.

"The show talks about all kinds of American horror stories that we are being bombarded with on a day-to-day basis," Murphy says. "The main thing when we were writing the script, it was never really about horror, although that certainly was in the water. It really was about a marriage and infidelity."

But don't worry — there are plenty of old-school scares in the pilot, which opens with a gorgeously creepy homage to horror classics like "The Shining."

"When we were coming up with this, I'm like, 'Remember how good "Dark Shadows" was, how gothic?'" Murphy says of the cult soap opera featuring vampires and other supernatural ghoulies. "It had all these interwoven stories about sex and marriage and obsession. And I felt that there sort of wasn't that on the air right now."

AMBER RAY
amber.ray@metro.us

Just move already!

After the Harmons begin to realize they're not alone in their new house, Murphy promises to promptly answer the age-old question, "Why haven't those crazy people moved yet?"

▶ "It is a big horror trope. That was the most important thing that we worked on," Murphy insists. "I am really excited about that [plot]."

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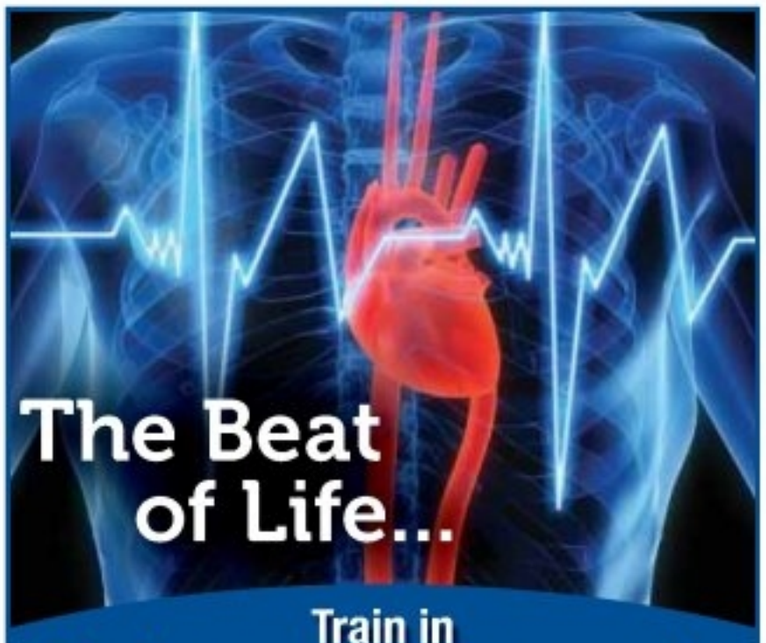
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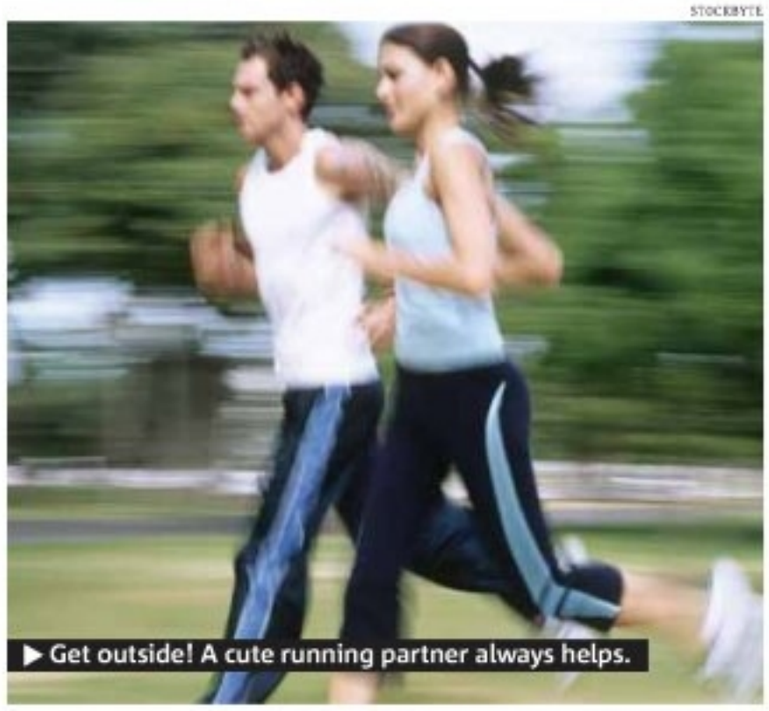
Hitting the trail for your health


STOCKBYTE
▶ Get outside! A cute running partner always helps.

Get started

No excuses; sign up for one of these runs today!

- **10/28:** Monster Dash & Bash on Boston Common (1M)
- **10/30:** Komen Race for the Cure (5K)
- **12/11:** Bill Rodgers Jingle Bell Run (2.3M)

◗ We know how tempting it is to hide under the covers — but seriously, get up! ◗ Why running is one of the best workouts you can give your body

The summer heat has made way for a crisp chill in the air, meaning now is an ideal time to head off the treadmill and into the great outdoors for a run — and scoping out the fall foliage isn't the only reason you should lace up your sneakers.

"The main benefit of running is the cardiovascular benefit that keeps your pipes clean," says Hal Higdon, author of "Marathon: The Ultimate Training Guide" and a longtime contributor to "Runner's World." "It strengthens your heart, and by improving your engine you're less likely to wind up with circulation problems later."

The benefits go beyond the purely physical, Higdon adds.

"We all struggle with stress, and running gives us this time out that we need to relax. You can't text when you run," he says.

Even novice runners shouldn't be intimidated to get started.

"I never underestimate the power of determination," says Manhattan-based trainer Melissa Paris. "As long as you don't have any serious injuries, it's easy to join a 5K."

For budding runners looking to ease into a routine, Paris advises building from a 10-15 minute jog, adding five minutes as your body gets used to the run, until you reach your goal. Running with a friend can also be helpful for safety and a boost in morale.

The most important thing, Paris says, is that you should be enjoying your workout.

"If you feel like you're cramming it in then the runs tend to be unenjoyable," she says. "Pick a time that works for you when you feel your best."

And it's hard not to be motivated when you think about all the good that running can do for you.

"If you're involved with running, you can limit extra pounds," Higdon says. "That more than anything benefits the whole structure. Running allows you to have a healthier body and a healthier mind."

LINDA CLARKE
letters@metro.us

Shoe we love

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Definitive guide to breaking up

PIXLAND

▶ You can do better, anyway.

Don't even think about doing it over the phone or by e-mail, says Metro's resident therapist, Jonathan Alpert What not to say when dropping the bomb

No more drama

JONATHAN ALPERT
WWW.JONATHANALPERT.COM

The question

I've been with my significant other for several months but just don't feel things are working out and I know that there's no future. What are your tips for the best way to break up with someone and make it as pain-free as possible?

There's no easy way to do it. In any break-up, someone gets hurt. But there are ways to maintain dignity and respect and lessen the blow. For starters, don't make the mistake that so many people do and nurture a relationship on the side just because you're afraid to be alone. Once you are 100 percent single, then you can consider seeing others.

Plan to meet him or her and speak in person. Relying on methods such as e-mail or telephone might seem easier for you, but not for your soon-to-be ex: Anything short of face-to-face will seem cowardly. Meet in a private place and not a public setting where the person could feel embarrassed by the news. Take responsibility and be honest. Avoid the cliche of "it's not you, it's me" — or any other generic explanations — and be sure to provide an explanation so that he or she can move on. No matter how bad the relationship might be, avoid insults. To demonize the person will only invite retaliation and perpetuate problems. You dated for several months, so he or she can't be that bad, right? That said, you both might benefit from mentioning a few things you do like.

Don't try to cushion things by saying, "But we can still be friends." A statement like that is probably more about assuaging your guilt than actually wanting to be friends, and it might provide false hope.

Finally, don't jump right back into the dating world. Way too often people get into a new relationship because they're afraid to be single. Don't be that person. Instead, take some time to reflect on the past relationship and learn a little something about yourself and the type of mate you prefer.

*– **Jonathan Alpert** is a licensed psychotherapist. E-mail him your questions at **jonathan@jonathanalpert.com***

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Stand up to bullies at Crunch

October is National Bullying Prevention Month, and Crunch Fitness is asking for your help in their support of the cause. This month, every time you check in to Crunch on Facebook, the gym will donate $1 to PACER's National Bullying Prevention Center, up to $25,000. Not a Crunch member? Stop by anyway to check in and receive a 5-day guest pass. METRO/ME

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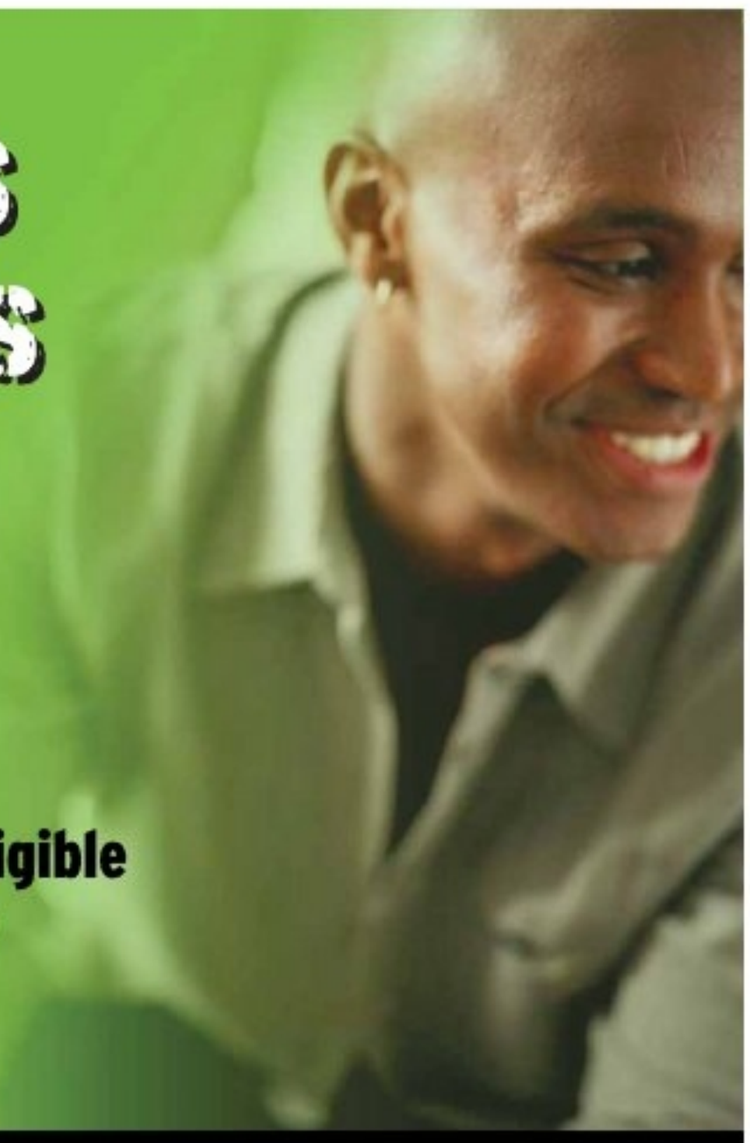

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More on the Wall St. action

RE: "MIXED BAG ON OWS PROTESTERS": Joan Daniel is right: All the jobs are overseas, not here. They say: "Buy American." We say: "Hire American." It's the patriotic thing to do! It turns welfare recipients into taxpayers, lowers unemployment (by definition) and helps both the government and economy. I'd rather starve and protest in America any day.
J. ANDREW SMITH, VIA E-MAIL

What, exactly, is Occupy Wall Street protesting? Are they telling us there are too many people not working because they can't find jobs, but if you work you are just a drone? I guess the solution is we all should stop working and get handouts from the government (or, if you're lucky, from mommy and daddy). **MIKE BERSON, VIA E-MAIL**

Evidently, according to the right, anyone who opposes the destruction of democracy and liberty is unemployed and should be fined and imprisoned; yet those who march around demanding free government money for billionaires are hard-working patriots. Decades of history is proof that tax cuts for business and the rich do not help the economy; is two years enough to know that the guy who was voted in to clean up the 30-year mess is not doing enough?
DOUG BROWN, QUINCY

What these young people are doing is participating in their society. Protest has been instrumental in forcing the introduction of most of the freedoms that now exist in liberal democracies. It's sad that to some it looks like "sitting around." I believe that "sitting around" is what people do in front of the television.
REN PILINGER, VIA E-MAIL

These protests are the first sign of a cancer that is taking root throughout the world. Its origin can be traced to the unholy alliance of politics and finance. It is a malady that yields a malignant generation without direction or hope that will eventually consume its host.
ROBERT CAPRARO, VIA E-MAIL

It's official: Yahoo is in bankster hands, working with them to snuff the voice of the people. Sad day for democracy. God help us all. How do you fight an evil that can just buy your mouth? **CHARLES MICHAEL COUCH, VIA E-MAIL**

Stop being a Democrat or a Republican and start being an American! Tell the politicians to work together and get us moving forward as a country!
MIKE BANNAN, VIA E-MAIL

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♎ Libra **Sept. 23-Oct. 23.** If you haven't been getting the exercise you know you need, take a little time to do so. You don't have to do anything exhausting; merely walking the dog could help a lot.
♏ Scorpio **Oct. 24-Nov. 22.** Timing is always important, so you should pace yourself well when it comes to handling matters that depend upon the work of others. Only then can you bring all your forces into play.
♐ Sagittarius **Nov. 23-Dec. 21.** You'll operate best when you're able to just coast along, until you're required to bring the full brunt of your imagination and ingenuity to bear. Timing can be everything.
♑ Capricorn **Dec. 22-Jan. 19.** If you're splitting responsibilities with your spouse, make sure you get finances on your side of the ledger.
♒ Aquarius **Jan. 20-Feb. 19.** There could be a mystique about you that will fascinate almost everyone you deal with. This appeal makes it easier to gain the acceptance of others.
♓ Pisces **Feb. 20-March 20.** Although it was never your intention to make others feel indebted to you, someone you recently did a favor for wants to reciprocate your kindness. Be a gracious receiver.
♈ Aries **March 21-April 19.** You're full of bright ideas to begin with, but you might have far more than usual. Unless you jot them down, they'll vanish into the ether.
♉ Taurus **April 20-May 20.** The only way you are likely to get anything done is to zero in on your objectives. If you don't, your head could wander all over the place.
♊ Gemini **May 21-June 20.** Your ability to absorb and retain new knowledge is remarkable, especially if you're passing it on to those who need it but don't have the means to get it.
♋ Cancer **June 21-July 22.** For good reason, people trust you and feel that it's safe to tell you things that they wouldn't tell others. This should make you proud, and inspire you to live up to their estimation of you.
♌ Leo **July 23-Aug. 22.** Instead of seeing only the faults or weaknesses in the ideas of others, look for what is good and praiseworthy. You'll be amazed at how fast you'll gain others' support when you do so.
♍ Virgo **Aug. 23-Sept. 22.** The secret of gaining a few strides on your rivals is to put their needs on par with your own requirements. When you look for solutions for others, you'll find your own. **BERNICE BEDE OSOL**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

R	A	C	E	■	A	C	M	E	S	■	W	A	R	M
A	S	A	P	■	B	R	O	N	C	■	E	G	A	D
F	I	N	I	■	L	I	N	D	A	■	B	A	G	S
T	A	N	G	L	E	■	T	O	L	L	F	R	E	E
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S	L	A	G	■	T	R	E	E	S	■	E	M	I	T
T	A	L	E	■	A	K	R	O	N	■	D	E	N	Y

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Can the Bruins avoid a Stanley hangover?

No team has repeated since the 1997-98 Red Wings ◗ The Bruins are hoping to break that streak ◗ But it won't be easy ◗ Resting Thomas more should be key

NICOLAUS CZARNECKI/METRO

▶ The Bruins' Stanley Cup rings make their way into the Boston Harbor Hotel last night.

It's a problem every team in the NHL would love to have, but one the Bruins will do anything to avoid.

It's called the "Stanley Cup Hangover," and it's claimed the postseason lives of every defending champion since the Red Wings repeated in 1997-98.

Since 1927, 54 of 84 Cup winners have had a worse regular season the following year.

And perhaps no champion is more vulnerable to a letdown than the Bruins, who played three Game 7s on the path to the Cup last spring (and nearly summer) after a regular season that began overseas.

And because the Cup wasn't clinched until mid-June, there was precious little time for the Bruins to recover physically and mentally — even if there was no need emotionally after winning Boston's first title since 1972.

"I think [once] you get a taste of winning, it's a pretty good taste," Bruins president Cam Neely said yesterday before the team was awarded its championship rings. "So we got a great group of guys — great character, still [a] fairly young team for the most part — that I think aren't tired of winning yet."

"I think [once] you get a taste of winning, it's a pretty good taste. So we got a great group of guys — great character, still [a] fairly young team for the most part — that I think aren't tired of winning yet."
B'S PRESIDENT CAM NEELY

Tomorrow night, the 2010-11 championship banner will be raised at the Garden ... and then the defense of the Cup begins against the Flyers. Don't forget the defense against internal opponents, like fatigue and complacency.

The former is most easily addressed, if the B's can provide some more rest for Vezina and Conn Smythe Trophy winner Tim Thomas. He played every minute of all 25 postseason games and will be 38 when the 2012 postseason begins.

"It shows itself in ... physical or mental fatigue," general manager Peter Chiarelli said. "It's unavoidable, is what I'm told. I hate harping on it because sometimes I think it becomes a self-fulfilling prophecy. We're just going to have to be on top of it."

JEFF GOLDBERG
sports@metro.us

No easy road

The Bruins open 2011-12 with three straight home games. The first two are especially tough.

Tomorrow
The Flyers — and Jaromir Jagr — are in town for the opener. They'll try to avenge a playoff sweep.

Saturday
The Lightning bring their show to the Garden.

Rangers waiving Avery

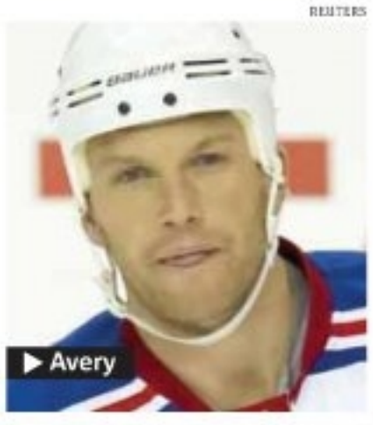
REUTERS

The New York Rangers reportedly waived Sean Avery yesterday.

The noted NHL pest, who has clashed with coach John Tortorella in the past, apparently lost a roster battle with center Erik Christensen.

If he doesn't latch on with another NHL team, the 31-year-old could be on his way to a professional league in Europe.

Avery last made headlines during the preseason, when he said Flyers forward Wayne Simmonds called him a homophobic slur. Simmonds was not disciplined over the insult, which appeared to have been caught by TV cameras. METRO



▶ Avery

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Threats to the B's crown

As much as we'd like it, a Bruins repeat won't be easy.

After all, there's a reason the Red Wings were the last team to win back-to-back Stanley Cups — more than a decade ago.

Here's a look at four teams, from both conferences, that will have eyes on stealing the Bruins' thunder this season. METRO

Canucks

Last year's riotous Cup runners-up have to be considered the favorite to take a title back to Canada. The 2010-11 core is largely intact, and they'll bring a Boston flavor into the new season with the signing of Marco Sturm.

Capitals

Washington has long all the offensive firepower it could ever need — thank Alex Ovechkin for that. And now they're sporting a real, live NHL goalie in Tomas Vokoun. That's a dangerous combo for the rest of the East.

Flyers

Remember Jaromir Jagr? The longtime Penguins star is back in the NHL — across the state from where he made his name — and looking better than ever. The 39-year-old Czech had four goals in three preseason games.

Predators

Nashville? Really? Really. The Preds looked strong in a 99-point 2010-11 campaign, and G Pekka Rinne will be playing for a massive payday. If the offense comes around, they'll be a threat in the West.

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Seguin confident he'll avoid a sophomore slump

- But not for the reasons you think
- Looking at his 2010-11 stats, he says he can only improve this year

Sophomore slump?

In contemplating such a fate at Bruins Media Day yesterday, center Tyler Seguin was sanguine.

"I don't want to fall into that," Seguin said. "With my stats last year, I don't think I even could. The only place I can go is up."

The second overall pick in the 2010 Draft, Seguin endured a difficult rookie season, scoring just 11 goals and not being placed on the original postseason roster. But when injuries opened the door to ice time, Seguin never looked back, including a memorable two-goal game in the Eastern Conference finals.

And with a short offseason, Seguin kept the momentum going. In the Bruins' four preseason games, Seguin led the team with three goals, including one on the power play.

"I was expecting that, to be honest with you," said Patrice Bergeron, whose concussion in May led to Seguin's entry into the postseason. "From my first to second year, I gained so much confidence just by being around the guys and learning."

JEFF GOLDBERG
sports@metro.us

GETTY IMAGES

▶ Tyler Seguin says he has nowhere to go but up.

Sports in brief

Francona open to managing

BOSTON. Terry Francona will manage a team in 2012 if given the chance, ESPN's Buster Olney reported last night.

Olney's report cited an unnamed source close to the former Red Sox skipper. The team declined Francona's 2012 option last week.

METRO

No frustration on the D-line

FOXBOROUGH. Patriots D-line coach Pepper Johnson isn't frustrated he hasn't been able to trot Albert Haynesworth out recently.

He's not allowed to be.

"I can't speak for Albert, but [for] myself, Coach Belichick would punch me in the face if I got frustrated because I didn't have a particular player," Johnson said yesterday. "My job is not to count on one person or something like that. My job is to coach whoever is out there on the field.

"Until Albert is out there on the field, this is who I have to play with. We have to try to win ball games without him."

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It's called a damage deposit for a reason

If you cause damage to your rental apartment, you lose your deposit to cover repairs A landlady's tips for making sure you get that money back

Believe it or not, landlords don't want to deprive you of your damage deposit once your lease is up.

Well, at least according to seasoned landlady Wendy Rocca of Watertown. She says most people in her profession would prefer that you live in a respectful manner and not damage their property.

"Landlords want you to take pride in your apartment, they want you to care about where you live as if you owned it," she says. "Don't let maintenance things go, let us know so we can take care of them before they turn into big problems. If there's a leak, tell us. If something doesn't work, we need to know. Landlords need to be responsible and fix things in a reasonable amount of time. But we need to know!"

Pets are a big issue, says Rocca. They're living beings that do the things living beings do.

"In the past, we have allowed some pets after interviewing the owners," Rocca reveals. "This usually turns out quite differently than expected."

Uh-oh, like the renter seems to be responsible and then hasn't a clue that a litter box needs changing everyday?

"Whether your landlord lives in the building or not, they always expect you to clean up after your pet. Changing the litter box all the time is expected," she says, emphasizing the words "all the time."

"That odor can destroy property," she continues. "You can bet you won't have your lease renewed if you don't take care of your 'home.'"

LIFESIZE

If this is how your laundry room looks, chances are you are not getting that deposit back.

Wendy's tips

Rocca

- "No indoor soccer games! Using the fireplace as a goal is a BAD idea!"
- "Don't take in other people's laundry or allow them to use the machines at your apartment. The water bill is a huge expense already."
- "No barbecuing indoors. Not only would this upset your landlord, it could actually kill you and your pets."
- "Don't get a dog/cat/iguana after you've agreed to a place that doesn't allow pets. Yes, snakes are pets!"
- "For heaven's sake, if the woodwork is natural, DON'T PAINT IT."

LINDA LABAN
linda.laban@metro.us

In the news

South End goes 'Public'

You know how when you walk through the South End, you think to yourself how much you'd love to see inside those houses? Next weekend you can! The South End Historical Society's 43rd annual South End House Tour is on Saturday, Oct. 15, from 10 a.m. to 5 p.m. "Private Homes and Public Spaces" takes an inside look at the largest Victorian row house district in the U.S. and the restored townhouses that are there. For more info, visit www.southendhistoricalsociety.org.

SAM SWEENEY/METRO

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REAL ESTATE ON THE GO!

SMALL CLAIMS - HOW IT WORKS

By Attorney George Warshaw

It happens often. You're buying a home but you don't like the results of the inspection and you cancel the offer – or at least you try. The seller refuses to release your deposit.

You're a tenant. You paid a security deposit and now you want it back. You've asked for it but your requests have been ignored.

Recent changes to small claims procedures make small claims very attractive. The amount that can be sued for in small claims has increased from $2,000 to $7,000.

You don't need to hire a lawyer in small claims unless you are a corporation or a limited liability company. You can do it yourself.

Once the small claims case is filed, notice is sent to the defendant by regular mail. A date is chosen by the court and the parties must appear or risk being defaulted.

Hearings are no longer held in front of a judge. Rather, certain court personnel, designated as Clerk/Magistrates, conduct the hearings.

It's important to bring with you all the documents that you want considered by the hearing officer. Telling the hearing officer that "it's at home" will often lose the case. Be fully prepared to have any witnesses with you, copies of checks and all your documents. Good luck!

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George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

Adding fun and color to your kitchen

One of two twin Brits behind stylish homeware line Joseph Joseph tells us about his must-have cooking tools Our shopping list just got smarter

Chances are, the colorful chopping boards and bright salad bowls that jump out at you from aisles of boring steel home products are courtesy of Joseph Joseph.

"We understood that you need functional products, but you got to make them look cool because functional products usually look awful," says Richard Joseph, who along with his twin brother, Antony, launched a line of stylish, award-winning kitchenware in 2003. And though their products are sleek and smart (just check out their Elevate tools, below right, to see what we mean) they're affordable enough for young pseudo-cooks like you.

"We cook, but [we] like casual cooking. We love to entertain, and we don't take cooking too seriously," says Joseph. "So we want our products to be durable and fun. Our products are much more about allowing people to have [a good time] with their cooking."

Five products in his kitchen

1 "The idea is that you can chop on this cutting board that has a handle. When you squeeze the handle, it turns into a chute and then you can pour the food on your board directly into a pot." **Joseph Joseph Chop2Pot, $16, www.josephjoseph.com**

2 "You know we drink a lot of tea in the U.K., so a kettle is an important piece of kitchen equipment. I like Michael Graves' Whistling Bird Kettle. When the water boils it whistles a chime, like a bird." **Alessi Michael Graves Whistling Bird Kettle, $175, www.amazon.com**

3 "These are classic French kitchen knives. I think the design is iconic. They're stunningly beautiful; and when you hold one, it's very well-balanced, which is very important." **Sabatier cooking knife, $46, www.sabatier.us**

4 "Initially, we were designing for small kitchens where you have small, square sinks. So we maximized the size of the strain of the colander by making it square. Also, the design of the handle is very ergonomic and easy to use. I have it in lime green. I love lime green in my kitchen." **Joseph Joseph Square Colander, $8, www.josephjoseph.com**

5 "Microplane uses a particular type of metal on their graters and it's amazing. It is really sharp and does really fine grates. They are so superior to others on the market." **Microplane Artisan series grater, $10, www.microplane.com**

Their most popular products

"Our range of kitchenware called Elevate, which are tools with elevated heads, so they don't come into contact with the table or surfaces, making them hygienic. When you put them down, they are always elevated off the table."

TINA CHADHA
tina.chadha@metro.us

Metro Boston Mortgage Guide

Bankrate.com

Program	Rate	Points	Fees	% Down	APR
East Cambridge Savings Bank				**617-551-2413** http://www.ecsb.com	
30 yr fixed	3.990	0.000	$959	20%	4.038
15 yr fixed	3.375	0.000	$959	20%	3.460
10/1 jumbo ARM	4.750	0.000	$787	20%	4.061
5/1 jumbo ARM	4.250	0.000	$787	20%	3.372
(C) 292 Cambridge St., Cambridge, MA 02141				*NMLS# 441396*	

Program	Rate	Points	Fees	% Down	APR
Commonwealth Cooperative Bank				**617-364-6000** http://www.commonwealthcoop.com	
30 yr fixed	4.375	0.000	$1164	20%	4.435
15 yr fixed	3.750	0.000	$1164	20%	3.854
30 yr jumbo	4.990	0.000	$164	20%	5.004
15 yr jumbo	4.875	0.000	$164	20%	4.900
(C) 1172 River Street, Hyde Park, MA 02136					

Legend: The rate and annual percentage rate (APR) are effective as of 10/03/11. © 2011 Bankrate, Inc. http://www.interest.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (BA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept., (loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 700. Conventional loans are based on loan amounts of $165,000. Jumbo loans are based on loan amounts of $435,000. Points quoted include discount and/or origination. Lock Days: 30/60. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms – ex. 360 monthly payments of $5.29 per $1,000 borrowed ex. 180 monthly payments of $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. **To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636. • http://www.interest.com?pid=z_BOSMT**

Threads, beds and your back

Sleepless nights are not just for the guilty The right bed can save you from back pain and insomnia

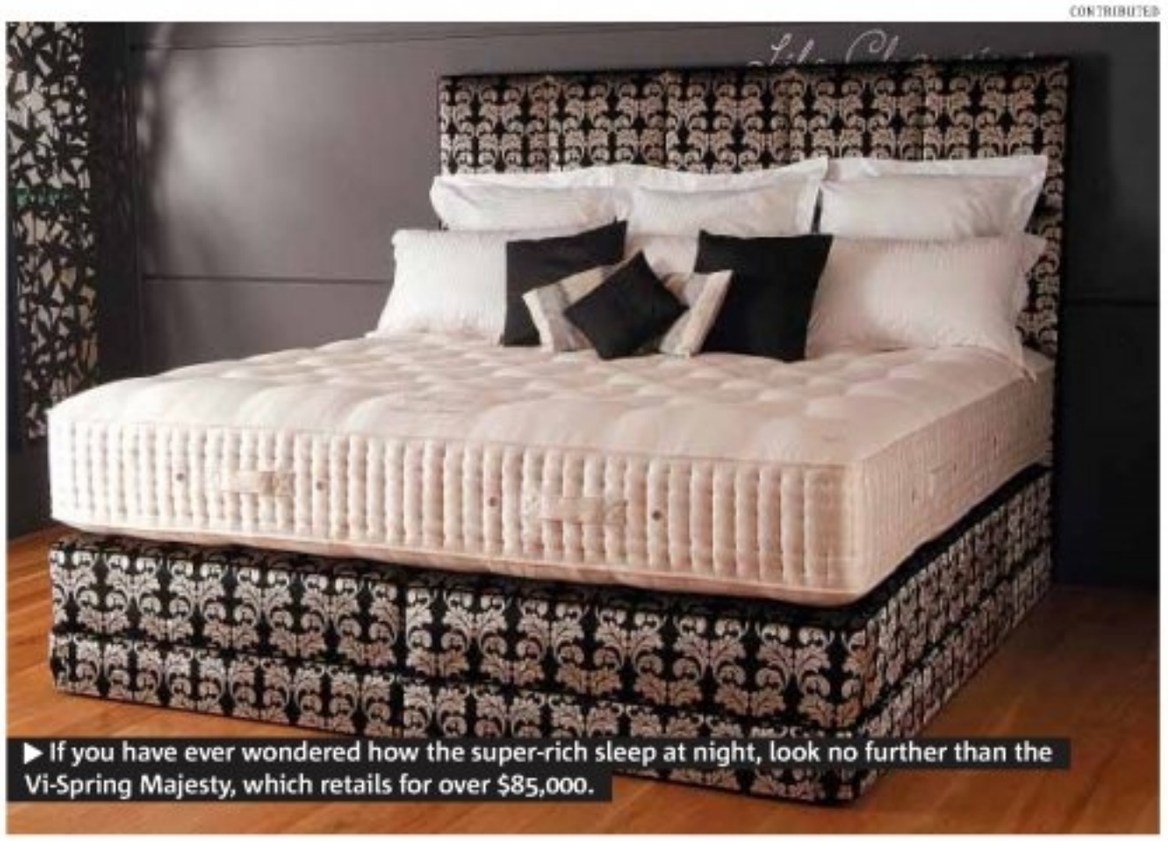
As back specialist Noel Kingsley explains, "The lack of support from sleeping on poor mattresses can cause the spine to twist, shorten or even lead to lumbar back pain and the pinching of nerves." With that in mind, let's find out what some of our best bed options are.

Lucy Helmore, the buyer for beds and furniture at the world-famous department store Harrods, advises that the finest mattresses are packed with compositions of horsetail hair, Shetland wool, bamboo, cotton and cashmere.

"Generally, avoid man-made materials because they're not as breathable," she says.

However, there is one exception: the memory-foam mattress. The plus side of this cerebral-sounding bed is: "It molds perfectly to the body and remains stable even if you are sleeping next to a wiggly partner. But beware — memory foam can make for a rather hot night!" she says.

CONTRIBUTED



▶ If you have ever wondered how the super-rich sleep at night, look no further than the Vi-Spring Majesty, which retails for over $85,000.

Sleeping beauty

Noel Kingsley advises us on our bedtime posture:

1. Avoid sleeping on one's front as this can squash the rib cage and cause neck tension and pain.
2. When reading in bed, it's best to be supported by two or three pillows behind your back. Sit up, relax your arms and keep your neck free.
3. When shopping for a mattress, make sure to test-drive models. Remember: You need to lie down on a bed for at least 15 minutes.

RICHARD PECKETT
METRO WORLD NEWS IN LONDON

Thread count breakdown

Sue Smart, a buyer for linens at Harrods, explains why to splurge on 400 thread count sheets.

- Thread count refers to the number of threads per square inch. Example: 120 horizontal and 120 vertical threads equals a TC of 240.
- Generally, a higher thread count means higher quality. Also, look for leading cottons such as Pima and Egyptian.
- Avoid polyester cotton because it becomes very hot and it also has a tendency to pill.
- Silk is the best because it is naturally hypoallergenic, so it adjusts to your body temperature.

FOR MORE HOME PRODUCTS, VISIT WWW.METRO.US/HOME

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Options for Reducing your Mortgage	*11:00-12:00*
How to Buy a Foreclosed Property	*9:00-10:30*
How to Buy a Home that Needs Work	*10:30-12:00*

Saturday, June 25, 2011
9:00-am - 12:00 noon
Vine Street Community Center
330 Dudley - St. Roxbury, MA

To Register, call
617-635-HOME (4663)
or visit www.bostonhomecenter.com

City of Boston - Thomas M. Menino, Mayor
Department of Neighborhood Development Evelyn Friedman, Chief and Director

This Month at the Boston Home Center

Since 1996 The Boston Home Center has helped more than 20,000 Bostonians become successful homeowners. We offer an array of FREE classes on everything from the basics of homebuying to help for homeowners.

Homebuying 103: How to Buy a Home That Needs Work

A two-hour seminar about special mortgages and other resources available to help you fix-up your home.

October 24 : 6:30pm-8:30pm
Holland Community Ctr
85 Olney St - Dorchester

How to Live Within Your Means

A two-hour seminar to help you evaluate your current financial status, and learn how to adjust your finances to accommodate your personal situation.

October 31 : 6:30pm-8:30pm
Uphams Corner Health Ctr
415 Columbia Rd., Dorchester

Homebuying 104: How to Buy a Foreclosed Property

This two-hour seminar includes information about the foreclosed property purchase process, legal issues, mortgage and property selection, along with special home repair resources.

October 3 : 6:30pm-8:30pm
Curley Community Center
M St Senior Center,
1663 Columbia Rd - South Boston

October 17 : 6:30pm-8:30pm
Thomas Atkins Apartments
Community Room
233 Blue Hill Ave., Roxbury

To register, or for more information call
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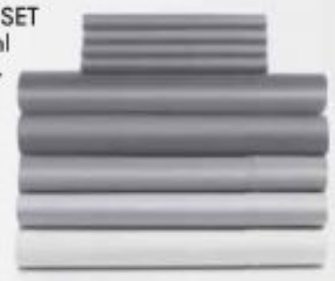

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